

“At home, my dog dominates my free time. She is very active and requires frequent and long walks.”



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DOG WALKING



“I strongly feel that physical fitness is important to contributing to each individual’s quality of life. My fitness level allows me to participate in all types of fun activities that I would otherwise be excluded from.”

be active tip: Dog walking provides owners will benefits too! Walking your dog several times per week improves your cardiovascular fitness, lowers your blood pressure, strengthens your muscles and bones and decreases your stress level.